

How to Stay Regular



I have discovered a new way to stay regular.
And it's not fiber.
It's a mineral. Magnesium.

Lots of people have a challenge staying regular. Overweight or skinny. Constipation can be an issue; and one that can interrupt your life in a most uncomfortable way.

When dieting, lots of people get constipated. As you reduce the amount of fats you eat, Mother Nature needs help keeping the flow of waste products moving.

Most Americans don't get enough magnesium from their diets. That's mostly because we eat too many processed foods. If we ate enough nuts, beans and things like seaweed we'd get all the magnesium we need and we'd also get the side benefit provided by magnesium. We'd "go" right on schedule.

I now take magnesium citrate. One pill a day. It's not expensive, and it works. Some recommend you take it at night before bed, and voila.

I found it better for the way my body operates to take it in the morning. Magnesium citrate works so well, at first you might be

hanging around the bathroom more than you want. And urgently. After that, your body gets used to it. For a while I only needed one every other day. That worked for me. Everyone is different. Now I take one every morning.

Magnesium has so many other benefits beyond keeping you regular. It's really vital for your health. Dr. Mark Hyman put this column together. He has a brilliant way of making the seemingly complicated, so simple. He'll explain how there are many kinds of magnesium and how many have a myriad of benefits.

Want to stay healthy? Take magnesium.

Want to sleep well and get rid of those nasty leg cramps? Take magnesium.

Prone to headaches? Take magnesium.

The list of magnesium benefits is a long one, so I hope you take time to read Dr. Hyman's blog post and I hope you consider adding magnesium citrate to your supplement list.

For an additional boost of magnesium you can add cauliflower to your diet. One head packs a walloping 88mg! Put some cauliflower on your plate with my Cauliflower Pancakes recipe.

Cheers,